

Supplementary TABLE 1. Age-standardized* distribution of cardiovascular disease risk factors included in the Framingham Risk Score non-laboratory-based heart age calculation, comparing different racial/ethnic groups among men aged 30–74 years — Behavioral Risk Factor Surveillance System, United States, 2011 and 2013

Characteristic	Non-Hispanic white (NHW)		Non-Hispanic black (NHB)		Hispanic (HSP)		p-value for difference between NHW and NHB	p-value for difference between NHW and HSP	p-value for difference between NHB and HSP
	Mean/%	(95% CI)	Mean/%	(95% CI)	Mean/%	(95% CI)			
Mean age (yrs)	47.8	(47.8–47.9)	47.8	(47.7–47.8)	47.7	(47.6–47.8)	0.06	0.002	0.264
Mean predicted systolic blood pressure (mm Hg) [†]	122.0	(121.9–122.0)	127.0	(126.9–127.2)	123.6	(123.5–123.8)	<0.001	<0.001	<0.001
Hypertension prevalence (%)	32.2	(31.8–32.6)	42.0	(40.7–43.3)	30.7	(29.4–32.2)	<0.001	0.054	<0.001
Antihypertensive medication use among persons with hypertension (%)	63.8	(62.9–64.6)	69.0	(66.7–71.4)	55.7	(53.1–58.3)	<0.001	<0.001	<0.001
Diabetes prevalence (%)	7.9	(7.7–8.1)	12.9	(12.1–13.9)	13.0	(12.0–14.1)	<0.001	<0.001	0.908
BMI category prevalence (%)									
Normal (BMI <25)	24.2	(23.8–24.6)	22.5	(21.3–23.7)	20.1	(18.9–21.3)	0.007	<0.001	0.007
Overweight (25 ≤ BMI < 30)	44.6	(44.1–45.0)	42.1	(40.7–43.6)	47.1	(45.6–48.6)	0.001	0.002	<0.001
Obese (BMI ≥30)	31.2	(30.8–31.6)	35.4	(34.1–36.8)	32.8	(31.4–34.3)	<0.001	0.036	0.009
Smoking prevalence (%)	21.0	(21.0–21.8)	26.4	(25.1–27.6)	18.0	(17–19.2)	<0.001	<0.001	<0.001

Abbreviations: BMI = body mass index; CI = confidence interval.

* Age-standardized by the direct method to the US 2010 census population using the age groups 30–39, 40–49, 50–59, 60–69, and 70–74 years.

[†] Systolic blood pressure for the 2011 and 2013 Behavioral Risk Factor Surveillance System participants was estimated based on multivariable regression models developed using National Health and Nutrition Examination Survey 2007–2012 data.

Supplementary TABLE 2. Age-standardized* distribution of cardiovascular disease risk factors included in the Framingham Risk Score non-laboratory-based heart age calculation, comparing different race/ethnicity groups among women aged 30–74 years — Behavioral Risk Factor Surveillance System, United States, 2011 and 2013

Characteristic	Non-Hispanic white (NHW)		Non-Hispanic black (NHB)		Hispanic (HSP)		p-value for difference between NHW and NHB	p-value for difference between NHW and HSP	p-value for difference between NHB and HSP
	Mean/%	(95% CI)	Mean/%	(95% CI)	Mean/%	(95% CI)			
Mean age (yrs)	48.0	(48.0–48.0)	47.7	(47.7–47.8)	47.6	(47.5–47.7)	<0.001	<0.001	0.01
Mean predicted systolic blood pressure (mm Hg) [†]	118.1	(118.1–118.2)	124.7	(124.6–124.9)	119.5	(119.3–119.6)	<0.001	<0.001	<0.001
Hypertension prevalence (%)	24.8	(24.5–25.1)	44.3	(43.3–45.3)	28.9	(27.8–30.1)	<0.001	<0.001	<0.001
Antihypertensive medication use among persons with hypertension (%)	70.1	(69.0–71.1)	79.2	(77.6–80.8)	63.3	(60.5–66.0)	<0.001	<0.001	<0.001
Diabetes prevalence (%)	6.7	(6.6–6.9)	14.6	(13.8–15.3)	13.4	(12.5–14.4)	<0.001	<0.001	0.055
BMI category prevalence (%)									
Normal (BMI <25)	43.7	(43.3–44.1)	21.3	(20.4–22.2)	29.7	(28.6–30.9)	<0.001	<0.001	<0.001
Overweight (25 ≤ BMI < 30)	29.2	(28.8–29.5)	31.0	(30.0–32.1)	33.5	(32.3–34.8)	0.001	<0.001	0.003
Obese (BMI ≥30)	27.1	(26.8–27.5)	47.7	(46.5–48.8)	36.8	(35.5–38.1)	<0.001	<0.001	<0.001
Smoking prevalence (%)	20.0	(19.7–20.3)	18.4	(17.6–19.3)	9.6	(8.9–10.3)	0.001	<0.001	<0.001

Abbreviations: BMI = body mass index; CI = confidence interval.

* Age-standardized by the direct method to the US 2010 census population using the age groups 30–39, 40–49, 50–59, 60–69, and 70–74 years.

[†] Systolic blood pressure for the 2011 and 2013 Behavioral Risk Factor Surveillance System participants was estimated based on multivariable regression models developed using National Health and Nutrition Examination Survey 2007–2012 data.

Supplementary TABLE 3. Mean excess heart age in years, by sex, chronological age group, and risk factor status — Behavioral Risk Factor Surveillance System, United States, 2011 and 2013

Risk factor	Men, chronological age group (yrs)									
	30–39		40–49		50–59		60–74		Total [†]	
	Excess heart age		Excess heart age		Excess heart age		Excess heart age		Excess heart age	
	Mean (yrs)	(95% CI)	Mean (yrs)	(95% CI)	Mean (yrs)	(95% CI)	Mean (yrs)	(95% CI)	Mean (yrs)	(95% CI)
Systolic blood pressure category* (mm Hg)										
<120	1.9	(1.9–2.0)	2.3	(2.2–2.4)	1.0	(0.8–1.2)	1.5	(0.2–2.8)	1.8	(1.5–2.0)
120 to <140	7.9	(7.7–8.1)	10.5	(10.3–10.8)	11.2	(11–11.4)	13.7	(13.6–13.9)	10.5	(10.4–10.6)
≥140	16.4	(13.8–18.9)	19.3	(16.7–21.8)	25.7	(24.3–27)	23.6	(22.1–25.1)	20.6	(19.5–21.8)
Smoking status										
Not current smoker	1.3	(1.2–1.4)	3.3	(3.2–3.4)	7.1	(7.0–7.2)	11.8	(11.7–12.0)	5.2	(5.2–5.3)
Current smoker	10.8	(10.6–11.0)	15.9	(15.7–16.1)	22.0	(21.7–22.3)	26.5	(26.3–26.8)	17.8	(17.7–18.0)
Diabetes status										
Without diabetes	3.5	(3.4–3.5)	4.9	(4.8–5.0)	8.3	(8.1–8.4)	10.7	(10.6–10.9)	6.4	(6.3–6.4)
With diabetes	14.9	(14.0–15.7)	19.6	(19.0–20.2)	25.6	(25.1–26.1)	27.0	(26.8–27.2)	21.0	(20.7–21.3)
BMI category										
Normal (BMI <25)	1.4	(1.2–1.5)	2.2	(2.0–2.4)	6.0	(5.7–6.2)	8.5	(8.2–8.8)	4.0	(3.9–4.1)
Overweight (25 ≤ BMI <30)	3.1	(2.9–3.2)	4.5	(4.3–4.6)	8.6	(8.4–8.9)	12.7	(12.5–12.9)	6.6	(6.5–6.7)
Obese (BMI ≥30)	7.2	(7.0–7.4)	10.2	(10.0–10.5)	15.6	(15.3–15.9)	19.9	(19.7–20.2)	12.4	(12.3–12.5)

Supplementary TABLE 3. (Continued) Mean excess heart age in years, by sex, chronological age group, and risk factor status — Behavioral Risk Factor Surveillance System, United States, 2011 and 2013

Risk factor	Women, chronological age group (yrs)									
	30–39		40–49		50–59		60–74		Total [†]	
	Excess heart age		Excess heart age		Excess heart age		Excess heart age		Excess heart age	
	Mean (yrs)	(95% CI)	Mean (yrs)	(95% CI)	Mean (yrs)	(95% CI)	Mean (yrs)	(95% CI)	Mean (yrs)	(95% CI)
Systolic blood pressure category* (mm Hg)										
<120	-1.1	(-1.2– -1.1)	-0.5	(-0.6– -0.4)	-0.4	(-0.5– -0.3)	-2.9	(-3.8– -2.0)	-1.2	(-1.3– -1.0)
120 to <140	8.7	(8.2–9.2)	12.9	(12.6–13.2)	13.8	(13.6–14.1)	14.5	(14.3–14.6)	12.2	(12.0–12.4)
≥140	9.4	(8.6–10.1)	18.4	(15.9–20.9)	26.6	(25.2–28.0)	24.8	(23.7–25.9)	18.8	(18.0–19.7)
Smoking status										
Not current smoker	-2.1	(-2.2– -2.1)	0.3	(0.2–0.4)	5.5	(5.3–5.7)	13.1	(12.9–13.2)	3.3	(3.2–3.3)
Current smoker	7.1	(6.8–7.3)	12.9	(12.6–13.2)	19.7	(19.4–20.1)	25.9	(25.7–26.2)	15.3	(15.1–15.4)
Diabetes status										
Without diabetes	-0.9	(-1.0– -0.9)	1.1	(1.0–1.2)	5.2	(5.1–5.3)	11.1	(11.0–11.2)	3.4	(3.3–3.4)
With diabetes	17.7	(16.8–18.6)	25.8	(25.2–26.4)	33.6	(33.1–34.0)	32.4	(32.2–32.5)	26.4	(26.1–26.7)
BMI category										
Normal (BMI <25)	-3.2	(-3.3– -3.1)	-1.9	(-2.1– -1.8)	1.7	(1.5–1.9)	8.3	(8.1–8.6)	0.5	(0.5–0.6)
Overweight (25 ≤ BMI <30)	-0.4	(-0.5– -0.3)	2.3	(2.1–2.5)	7.5	(7.3–7.7)	14.5	(14.3–14.8)	5.1	(5.0–5.2)
Obese (BMI ≥30)	4.1	(3.9–4.3)	9.3	(9.1–9.6)	16.8	(16.4–17.1)	22.0	(21.8–22.2)	12.0	(11.8–12.1)

Abbreviations: BMI = body mass index; CI = confidence interval.

*Systolic blood pressure for the 2011 and 2013 Behavioral Risk Factor Surveillance System participants was estimated based on multivariable regression models developed using National Health and Nutrition Examination Survey 2007–2012 data.

[†]Age-standardized by the direct method to the US 2010 census population using the age groups 30–39, 40–49, 50–59, 60–69, and 70–74 years.